

(TMI Focus, Vol. XXVII, No. 3&4, Summer/Fall 2005)

MEMBER CDS

Energy Centers / Healing Energies

Energy Centers

Following resonant tuning to vitalize and enhance awareness of your nonphysical energy, simply relax and follow the sounds to Focus 12. From the expanded energy state of Focus 12, and with the assistance of your Inner Self Helper (ISH) or personal guidance, observe and feel each energy center—beginning from the first at the base of the spine through the eighth, a sphere of light energy directly above the head. Then move this “core light” down through each energy center and anchor it within the earth.

Healing Energies

Following relaxation, guided visualization leads you to a sunlit stream and from there to opportunities to merge with healing energies from the earth, the water, a tree, the air ... vibrant energy filling all parts of you ... balancing and healing, leaving you in restful sleep.

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